

Happy New Year – Time Rolls On

by Don Grubb

Beautiful and bright – It's New Year's Day
 Time to look at life in a more meaningful way
 Optimistic about a brand new start.
 The heart of the matter is a matter of the heart
 Time, life and peace to all mankind
 Let's persevere this year since it's a battlefield in the mind.
 Being strong and courageous through life's storms both good and bad weather
 Just as no good times circumstances last forever.
 Faith, hope and love help through every endeavor
 This inspiring rhyme I must share
 After all comforting, helping and loving is how I care.

old womans wisdom

by j.mccurdy

how long
 you gonna keep
 pressing your hand
 to that hot burner
 while you blame
 everyone else
 for its heat?
 what?
 you didn't feel that
 burn
 the first time?

Untitled

by Ken Nickell

Under shade of willow, a wiggled bit of nature's pillow,
 and sleep alone the late of day, and undertake pleasantry's way.
 A welcomed breeze to carry seeds to there soon to root and grow.
 Our lazy days can carry me to beauties yet unknown.
 And sundown plays its colored rays of red and purple shown.
 To my dismay, I quietly lay with flights of fancy flown.

Need help getting health care?

Getting health care can be confusing. CareOregon's goMobile Team and our partners make it easy for you to get covered and get care under the Oregon Health Plan at our Navigation Clinics.

At OHP Navigation Clinics, we will:

- Check your eligibility
- Enroll you in Medicaid or Medicare
- Make your doctor appointments

BUD CLARK COMMONS

650 NW Hoyt Ave
 Jan 048-10 a.m.
 Jan 188-10 a.m.

CAREOREGON

NEW

315 SW 5th Ave
 Jan 17 11 a.m.-3 p.m.
 Jan 19 11 a.m.-3 p.m.
 Jan 24 11 a.m.-3 p.m.
 Jan 26 11 a.m.-3 p.m.
 Jan 31 11 a.m.-3 p.m.

CITY TEAM PORTLAND

526 SE Grand
 Jan 118-10 a.m.

CLACKAMAS COUNTY TRANSITIONS

2219 Kaen Rd
 Jan 11 1-3 p.m.
 Jan 25 1-3 p.m.

careoregon.org

CLACKAMAS RESOURCE CENTER

8800 SE 80th Ave
 Jan 31 1-4 p.m. NEW

IRCO

Jan 21 11 a.m.-3 p.m.

PORTLAND RESCUE MISSION

111 W Burnside
 Jan 058-10 a.m.
 Jan 128-10 a.m.
 Jan 198-10 a.m.
 Jan 268-10 a.m.

STREET ROOTS 211 NW DAVIS

Jan 108-10 a.m.

UNION GOSPEL MISSION 3 NW 3rd

Jan 24 2-4 p.m.
 Jan 31 2-4 p.m.

 CareOregon
 goMobile team

How do you share health?

At Health Share, we believe good health is more than what happens inside your doctor's office. Good health starts in your community and includes staying active, eating healthy food and getting regular check-ups.

Share your healthy habits with family and friends. We can all have better health when we share it together.

health
 share

Better health
 together.

www.healthshareoregon.org

